

SEL · GRADES 3–5

Mindset Sort

How you talk to yourself matters

Two ways to think

FIXED MINDSET says: 'I am what I am — that won't change.' GROWTH MINDSET says: 'I'm not there YET, but I can get there.' The words you use about yourself shape what you believe — and what you actually become.

Sort each phrase

Fixed mindset	Growth mindset	

Cut out and sort: I'm bad at math., I haven't learned this YET., Mistakes mean I'm not smart., Mistakes help me learn., I'll never be good at running., Practice will help me get faster., She's just naturally talented., She's worked hard to get this good., It's too hard, I give up., It's hard — but I can try a different way., I'm not a 'creative' person., I haven't found my creative thing YET., I'm so stupid for getting that wrong., Now I know what to fix next time., Why even bother?, Each try teaches me something.



Rephrase

Pick 3 fixed-mindset phrases above and rewrite them in growth-mindset language. The trick: add 'YET' or 'I'll learn how'.

